



Millipede® ,Inc.

- Founded by Russell Davis DPM, Bill Guthrie and Todd Campbell.
- We are a medical engineering team dedicated to the reduction of pathologies associated with the foot and lower leg through the use of bio mechanically engineered performance footwear.
- Our footwear incorporates accepted podiatric recommendations for posting the heel to control the sub talar joint thereby reducing foot motion. Excessive foot motion is responsible for the majority of foot and leg injuries i.e. stress fractures, blisters, plantar fasciitis, hammer toes and neuromas just to name a few.

Training Shoe Design

- A recent study by the Israeli Army illustrated the benefits of accepted podiatric biomechanical practices, by issuing off the shelf anti pronating orthotics in combat boots, which provided a measurable reduction in pathologies associated with the foot and leg.
- Our training shoe line is the very first design to incorporate our patent pending Sports Suspension® in its construction. This is a one piece semi rigid, heel and arch support with anti pronation control.

Training Shoe Design (cont.)

- Our Sports Suspension® features a 4 degree heel post (accepted bio mechanical podiatric recommendation to control excessive motion of the foot) and a moderate arch support.
- In addition we have elevated controlling the excessive motion of the foot further with our patent pending Millipede Component Innersole System™, which consists of three interchangeable innersoles for the control of pronation and supination.

Millipede Sports Suspension®



Millipede Heel/ Arch Support/Control

Training Shoe Design (cont.)



Training Shoe Design (cont.)



Working with the Marines at MCRD San Diego

- Early last year we began a “Cradle to Grave”/ “Consortium of Care” in San Diego with the training regiment for the Marine Corps Depot.
- The objective was to work with their staff and recruits to look at all aspects of their training, and to utilize our training shoe to provide a reduction in recruit foot and leg injuries.

Protocol Utilized to Reduce Recruit Lower Leg and Foot Injury Rates

- 1. Identify most common foot and lower leg injuries sustained by recruits in basic training
- 2. Identify possible sources of injuries
- 3. Provide our training shoe design and new service component for recruits

Service Component Development

- As we learned about recruit entrance and training, we also developed a service component in addition to new footwear.
- This service component consists of four factors
- The first one is to actually size the recruit's feet for their training shoe using the industry standard Brannock device.

Service Component Development

- The second factor was to implement technology from TekScan to do an arch and gait analysis of incoming recruits.
- The third factor was actually fitting the recruit's feet with their training shoe to assure size compliance.

Service Component Development

- The final component was an insert for the recruit's "book of knowledge" regarding the proper care of their feet, shoes and socks.

Service Component Development

- During running activities particularly, pressure on each foot can be ***three to four times normal body weight. Even walking can take its toll: a 150-pound person walking one mile exerts the equivalent of 63-1/2 tons -- 127,000 pounds -- on each foot!***
- Dry- There are only a few things in life that feel better wet. Keeping the inside of your shoes, your socks and your feet dry is the best way to keep your feet trouble free. Change your socks frequently!

Service Component Development

- Fit- Your heel should feel snug in your shoes, your toes should not touch the inside front of your shoe, and the sides of your feet should feel comfortable. If your heel is too loose or your toes too tight your feet will suffer, get checked for different shoes.
- Support- Feet should feel like they are comfortably supported. Your arches in particular need ample cushioning. If you are wearing the new Millipede “go faster” the arches have been especially designed to give the additional support you need.
- Socks- “Sometimes one is better than two.” Shoes and boots are made to worn with one pair of socks! Two pair contribute to blisters and other painful conditions.

